

Objective 28: Reduce hypertension related emergency department visits

Maryland SHIP Vision Area 5: Chronic Disease
Tools, Resources, and Promising Practices
updated February 2012

Tool Intended Audience

General Public

Clinicians

Planners



Information, Facts, and Figures

The Community Guide—Increase Active Living

Recommendations to increase physical activity and reduce obesity, a contributor to heart disease.



Medline Plus—High Blood Pressure

Resources and information about high blood pressure, nutrition information, disease management, and health check tools.



Promising Practices

Counseling African Americans to Control Hypertension (CAATCH) Trial

Reducing hypertension risk and improving care by educating patients using a computerized program, home blood pressure measurements and monthly counseling.



Community-Based Hypertension Control Project (CHIP)

This program has a three step approach using community health workers: individualized patient counseling sessions, appointment tracking, and home visits with opportunities for attending hypertension discussion groups.



Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)

The CDC funded Program helps underserved women 40 to 64 years old, access preventive services. This includes timely screening, education and intervention for elevated cholesterol, glucose, and hypertension, as well as, education on the signs and symptoms of heart attack and stroke and when to call 911.



The National Salt Reduction Initiative

A public-private partnership coordinated by New York City in developing targets to guide company in salt reductions in packaged food and restaurant food. Targets already available for 61 categories of packaged food and 25 classes of restaurant food.



University of Texas El Paso's Project Health Education Awareness Research Team (HEART)

Participants attended eight weekly health education classes over a two-month period. Follow up phone calls were made to have participants self report lifestyle changes.



National Heart Lung & Blood Institute's Faith-Based toolkit

Religious themed activities promoting heart health and awareness geared towards religious leaders.



American Heart Association (AHA) and the American Stroke Association (ASA) Family toolkit

Family friendly ideas for decreasing the risk of cardiovascular disease. Focuses on heart attacks, strokes, hypertension, and obesity by targeting nutrition, physical activity, smoking cessation, understanding family history, family advocacy.



Personalized Tools

[Cholesterol Reduction](#)

Tool to assess risk of developing heart disease.



Spanish Tools

[Medline Plus—High Blood Pressure—Spanish](#)

Resources and information about high blood pressure, nutrition information, disease management, and health check tools.



[Go Red for Your Heart](#)

Resources in Spanish focusing on eliminating risk factors for heart disease and stroke and promoting a healthy lifestyle within the Hispanic community. Includes healthy, heart-friendly recipes.



Toolkits

[Million Hearts Campaign](#)

Toolkits, educational information for individuals, healthcare providers, employer groups and community organizations to reduce death and disability from strokes and hypertension.



[National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

Includes “My Plate” nutrition guidelines, tips, tools, and assessment for healthy eating.



[DASH Diet](#)

Quick reference guide to the “DASH Diet” to reduce early death from cardiovascular disease and hypertension.

